



Wellness **AtoZ**

**EatWELL**

**PROMOTE HEALTHY FOOD  
CHOICES IN THE WORKPLACE**



## IMPLEMENTATION GUIDELINES

**EatWell** offers a phased solution for employers to help their employees make better food choices. Wellness AtoZ Employers receive standardized, nutritional guidelines for offering healthy snacks and meals at meetings for the initial phase of this principle. As a second phase, recommendations will be provided and connections will be made for those employers who offer onsite vending machines and cafeterias.

### Implementing EatWell

If your company is interested in providing healthy snack options:

- Download the Healthy Snack Nutritional Guidelines
- Provide at least 50% of snacks in compliance with EatWell Healthy Snack criteria
- Review and follow the Vending Machine Product Placement criteria
- Display Satisfying Snacks Poster in break room or communal area
- Brand your provided snacks as EatWell compliant with EatWell-approved stickers

If your company provides food and beverage options through **meetings**:

- Download the Healthy Meeting Nutritional Guidelines
- Provide at least 50% of offerings at meetings in compliance with EatWell Healthy Meeting criteria
- Display Making Better Choices Poster near space where food is offered
- Brand your meeting as EatWell compliant with Healthy Meeting Signage

### EatWell Phase 1 Employer Toolkit

- Healthy Snack Nutritional Guidelines
- Healthy Snack EatWell-approved stickers
- Healthy Satisfying Snacks Poster
- Healthy Meeting Nutritional Guidelines
- Healthy Meeting Signage
- Healthy Meeting Making Better Choices Poster

No matter what type of business or work schedule, EatWell gives employers ways to offer their employees healthy food options at break time, lunch time, and during meetings.



### EatWell Phase 2 Employer Toolkit

If your company provides food and beverage options through **Vending Machines and/or Cafeterias**

Wellness AtoZ understands that providing healthier options can be limited depending on vendor contracts. Working with suppliers to determine the best way to incorporate EatWell Nutritional Guidelines is something that will take time and collective effort by dedicated employers.

- Commit to participating in the collective effort to get Wellness AtoZ Nutritional Guidelines adopted with vendors
- Check out our Preferred Vendor List to connect with healthy vendors in Arizona (in progress)
- Check out our comprehensive list of offerings through many of the food vendors in Arizona (in progress)